DASCHA POLANCO GEARS UP FOR THE BIG SCREEN

THE "OITNB" ACTRESS COZIES UP TO METHOD MAN IN "THE COBBLER." PAGE 22

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ROADMAP TO MADNESS

March Madness. The NCAA men's basketball tournament brackets were unveiled Sunday night. Villanova earned a No. 1 seed in the East Region while Temple was flat-out snubbed. We break down the brackets. PAGE 29

ALL PHOTOS GETTY IMAGES

Sgt. Robert Wilson honored at funeral

PAGE 02

Millennials have hard time staying in Philly

PAGE 05

Four ways to ease the pain of hangovers

PAGE 24

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1 NEWS

Top 3

The best of Metro.us

1 OMG: 'Steak and BJ Day' struck Saturday March 14

2 Interview: 'The Amazing' James Randi on his film and dangerous anti-vaxers

3 Winners of 'The Voice': Where are they now?

Get the latest

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Family, friends, and fellow officers attend funeral services for fallen Sgt. Robert Wilson III at Palestra in University City on Saturday. / MARIA POUCHNIKOVA, METRO

Requiem for a friend, father and local hero

A city mourns. Philadelphia police officer, Robert F. Wilson, was buried with honors Saturday.

Thousands of people — residents of the city and police officers from around the region — turned out Saturday for a final goodbye to slain police officer Robert F. Wilson III, killed in a March 5 gun battle with two armed robbers at a Lehigh Avenue GameStop.

"I felt safe around him," said his partner, Damien Stevenson, "and he felt safe around me."

The gun battle, caught on video, has led many in the department to call Wilson a hero.

"I've been in policing for 46 years," said Philadelphia Police Commissioner Charles Ramsey. "I have never witnessed an act of bravery like what I saw that day."

Wilson was posthumously promoted to Sergeant, Ramsey announced and the city's Medal of Valor, which is given to police officers for acts of bravery, will be renamed The Robert F. Wilson Medal in the late officer's honor.

Wilson was remembered by family and friends for his infectious smile, and how he loved to pull pranks on his family and dance during family functions.

"There is a song called Apache," said his cousin Patrice Ward. "He would push his body to every beat in that song.

Wilson leaves behind two sons, a one-year-old and another who turned 10 a few days after his father was killed.

"I had to tell his nine-year-old son that his father was a hero, that he fought valiantly, that he stood for something, but that he just didn't make it," said Mayor Michael Nutter. "Nine-years-old, just turned 10."

Wilson was in full uniform, doing a security check and buying a video game for his ten-year-old son, who had recently done well in school when brothers Carlton Hipps 30, and Ramone Williams, 26, walked in and announced a robbery.

The pair may not have realized a police officer was in the store when they entered. Investigators say Wilson moved away from other patrons to draw fire away from them.

DAN KELLEY
@METROPHILLY
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Officer James Samuel:

- "We used to play this game called Injustice. It's superheroes and villains. We'd play this game non-stop, over and over and over. It was to a point where, he couldn't beat me in it. He couldn't beat me in the game. He'd get mad and break the joystick. After that happened, we'd be at a GameStop buying a new joystick. I'd say through 2014 he probably purchased 6 to 8 joysticks.

Wilson had recently fallen in love:

- "I used to call him, like hey, man let's do this, let's do that. He'd say, 'Naw man, I'm in a headlock,' meaning he couldn't go out because he was with her. I get jealous. I felt like I was losing a friend and brother.

- I realized at a certain point, he was becoming happy. It made me happy. It made me happy to realize he was being happy after all he'd been through. we'd have conversations on the phone two or three hours, and we'd wish each other the best of luck."

Officer Damien Stevenson, Wilson's partner:

On the competitive nature of their partnership:

- "I'd tease him all the time. If I got an accomplishment, or a commendation or officer of the month. Oh, he heard it. He heard it. He heard it for days, he heard it for weeks. He took it. Rob had a thick skin. I'm six years older than him. I'd chase somebody or we'd chase somebody, I caught him. Oh, he heard it. But look who's outdone me now. Sergeant."

- "They named a medal after him. He outdid me again."

Quahmier Wolf-Wilson, 10, the son of officer Robert Wilson III, signs a sketch of his late father. MARIA POUCHNIKOVA, METRO

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Beating victim petitions for old job back

Petition. Man beaten by police officers goes online to plead his case.

Najee Rivera, whose beating at the hands of two police officers caught on tape led to criminal charges against them, is now seeking the public's help online: he wants his job back, he says.

A Change.org petition started by Rivera asking Children's Hospital of Philadelphia (CHOP) to re-hire him as a janitor passed its goal of 50,000 signatures Sunday. The goal was expanded to 75,000 signatures.

Rivera was beaten on May 29, 2013 by officers Kevin Robinson and Sean McKnight after he fled on his scooter when officers tried to pull him over. The attack, caught on tape, left Rivera with orbital fractures and numerous head and face lacerations.

But Rivera still went to CHOP that day because he did not want to lose his new job. He was told to take time off until he recovered and stayed home for three days. He was later dismissed for missing those three days, he claims.

Children's Hospital of Philadelphia did not respond to a request for comment.

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From left, Najee Rivera, police officers Sean McKnight and Kevin Robinson / PROVIDED

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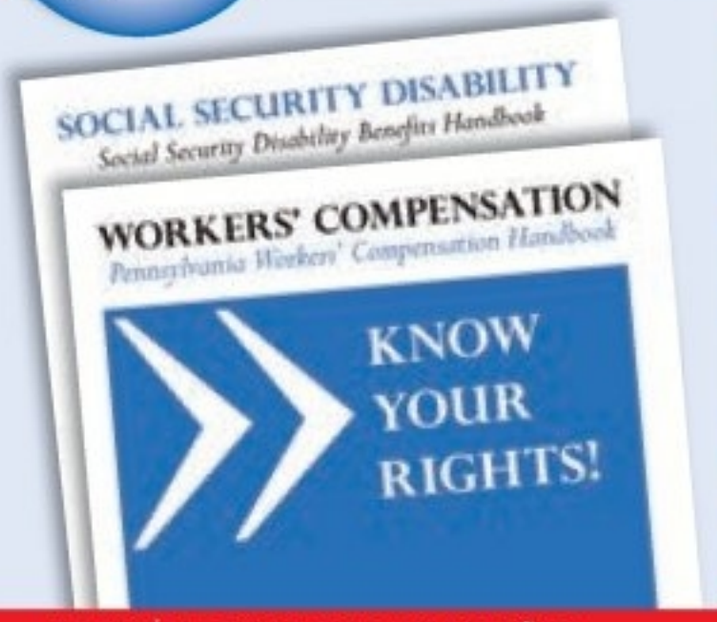

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North Philly

Man shoots would-be robber in the butt

A would-be robber who wielded a fake gun and demanded money from a 60-year-old man was shot in the butt by the older man around 8:30 a.m. Sunday, police said.

Police found the suspect, 22, on the ground "with a gunshot wound to the buttocks" and a handgun replica at 15th and Allegheny. METRO

Point Breeze

Man shot 11 times, survives

A 21-year-old man was shot 11 times Saturday night in Point Breeze and survived.

Police found the victim on the 1800 block of S. 23 Street around 11:30 p.m., shot in the right forearm, right and left lower legs, and right buttock,

The victim said he was walking, heard gunshots and was hit. He was transported to Presbyterian Hospital in stable condition. METRO

'Cead mille failte' on St. Patrick's Day

Traffic was blocked as the St. Paddy's Day Parade went down the Ben Franklin Parkway Sunday and thousands of attendees flooded the streets. Above, a reveler takes a smoke break as festivities wrap up. / CHARLES MOSTOLLER, METRO

PARENTS' DILEMMA: CITY OR SUBURBS?

Street talk

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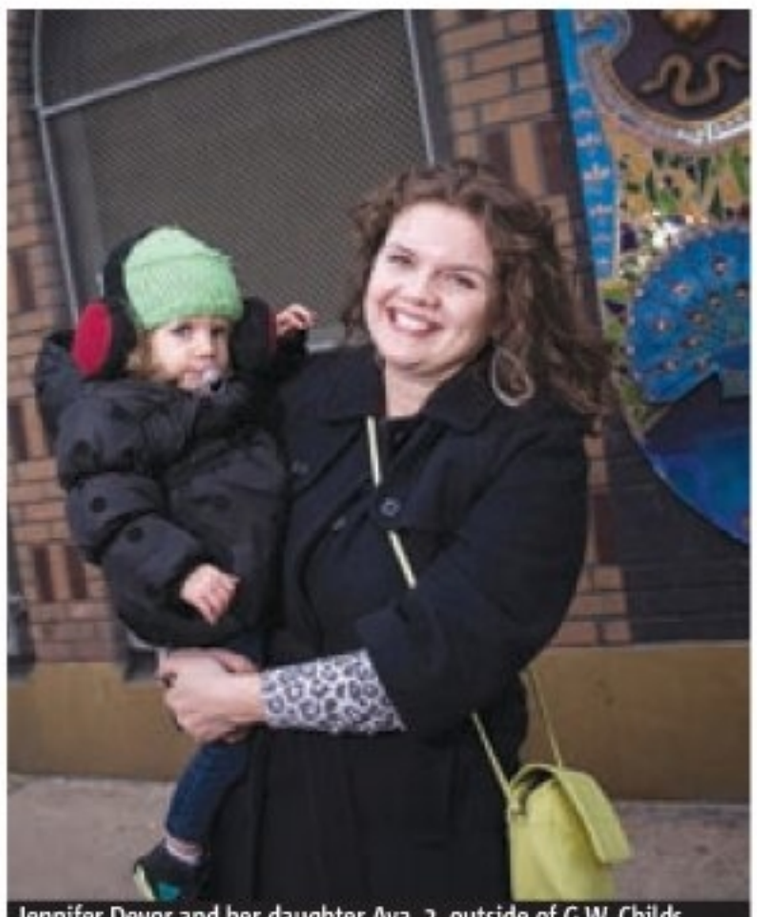
Dave Warner tackles Philadelphia metropolitan issues. Email Dave at EditExpress@verizon.net.



Jennifer Devor and her daughter Ava, 2, outside of G.W. Childs Elementary School in South Philly. / CHARLES MOSTOLLER

Schools.

They talk about that subject all the time, say some Philadelphia Millennial parents trying to decide whether their toddlers will grow up in the city or the suburbs.

How often does Jennifer Devor, 30, a Point Breeze mother of a nearly 2-year-old talk about it?

"Just about every day," she told Metro.

Another mom, leaving daycare with her 3-year-old daughter in tow, said, only slightly facetiously, "Every hour."

City public schools are the issue and it may well be that some city schools are better than the widely held public perception. But the perception remains, in part because of things like a 64 percent high school graduation rate for four years, according to a calculation by The Notebook, which keeps an eye on public schools.

Suburban Abington High School, by comparison, boasts an 89 percent rate.

But for Millennials, those between the ages of 18 and 34, (definitions vary, however) there's more to that Big Decision than just education.

There are the concerns that Jim Saksa, 31, the vice president of an organization called Young Involved Philadelphia, calls quality-of-life issues.

Creation of more bike lanes, for instance, said Saksa, who rides his bike to work.

YIP, as the organization is known, did an informal email survey last year about such stuff. Saksa says it was unscientific, but that a couple of hundred of the 5,000 people on the organization's email list responded.

"It sort of just gives us an idea," he said.

"What we saw were people saying they wanted to see new trash cans on the street, those big-belly compost ones," he said.

They want more street cleaning, and cleaner parks too.

But still, said Saksa, education was number one. Why should you care if you're, say, a Baby Boomer?

Because there are just so many Millennials.

A 2014 study by the Pew Charitable Trusts showed an increase of 100,000 in the 20-34 year old population from 2006 to 2012. No major city saw a larger percentage increase.

But hey, you really don't need a Pew study to tell you something big is happening.

Walk down Tasker or East Passyunk in South Philly on a fine spring evening.

The joint is jumping with new shops, bars, restaurants and lots of young adults pushing baby strollers.

That's the good news.

The not-so-good news is that Pew calls it a "fragile boom" and that as many as 50 percent of those folks might head for the 'burbs within the next five to 10 years.

Devor, the mom with the toddler, isn't one of them. She's hopeful because the state has a new governor in Tom Wolf, and will have a new mayor in 2016.

Devor is already volunteering to improve her neighborhood grade school, even though her baby turns only 2 next month.

"I hope more parents stay," she said. "There is still a lot of work to be done and I think Philly needs all the people it can get to do that work."

CHAPTER THREE
MS. DIAZ

I notice that Lizzie and Natalie, two girls from town, have left a twenty dollar bill behind. Even with their meal, that's a pretty hefty tip to get from two girls their age. They're either very polite, or they heard the rumor about getting extra portions if you tip well. Either way, it's a nice gesture, especially on a hectic day like today. On days like this, I have to constantly remind myself, busy is good. Around me, the lunch rush is on and the patio is filled to the brim. I'm short-staffed, so it's time for me to dive in. I clear tables, make small talk and bark the occasional order at a lethargic employee. After a few hours of this, I'll be exhausted. Once the lunch rush slows, I grab the twenty and hand it to Josh. He worked an extra hour through the lunch rush without my asking. He's more than deserving of the extra cash.

NEXT MONDAY: CHAPTER FOUR
JOSH

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Five things you need to know

1 Suspect charged in Ferguson in shooting of police officers

A 20-year-old man was charged on Sunday with first-degree assault for last week's shooting of two police officers during a protest in the troubled city of Ferguson, Missouri, a crime that fueled a national debate on race and policing.

The suspect, Jeffrey Williams, has admitted to firing the shots and was from the general St. Louis area, St. Louis County Prosecuting Attorney Robert McCulloch, told a news conference.

"It was not certain if he had been targeting police," he added.

The St. Louis suburb has been racked with protests since a white police officer killed unarmed black resident Michael Brown, 18, last summer. The slaying sparked demonstrations around the country and led to a U.S. Justice Department probe.

Williams, an African American who had been on probation for possession of stolen property, was arrested after a massive manhunt. Tips from the public and video evidence helped in the investigation, McCulloch said.

"He has acknowledged his participation in firing the shots," McCulloch said, adding Williams had been at protests in the city. **REUTERS**

Bond

$300K

The suspect, whose bond was set at $300,000, appears to have used a .40 caliber handgun and was firing from a car, McCulloch said, adding it is possible that he was shooting at someone else.

2 About 1M Brazilians protest economic woes

Close to a million demonstrators marched in cities and towns across Brazil Sunday to protest a sluggish economy, rising prices and corruption - and to call for the impeachment of leftist President Dilma Rousseff.

The marches across the continent-sized country come as Brazil struggles to overcome economic and political malaise and pick up the pieces of a boom that crumbled once Rousseff took office in 2011.

Demonstrators / GETTY IMAGES

3 Four people arrive in Neb. to be monitored for Ebola virus

Four Americans who may have been exposed to the deadly Ebola virus in Sierra Leone have arrived in the United States and are being observed at the University of Nebraska Medical Center, the hospital said.

The individuals arrived on Saturday and are being housed on the University of Nebraska Medical Center campus in Omaha, where medical personnel will monitor them for 21 days for any Ebola symptoms, hospital spokesman Taylor Wilson said. **REUTERS**

4 Ohio River spills banks, flood warning for Cincinnati

Melting snow and rain caused the Ohio River to spill its banks over the weekend, cutting off roads and flooding homes in the southern part of Ohio.

The National Weather Service, which has issued a flood warning for the Cincinnati area, said the river was expected to crest on Sunday at 57.8 feet well above its 52-foot flood stage at least through Thursday.

No deaths or major injuries have been reported.

"There have only been a handful of evacuations," said Jay Carey, branch chief with the Ohio Emergency Management Agency. **REUTERS**

5 Blackberry launches new secure tablet

Seeking to extend its range of secure mobile devices, BlackBerry Ltd said on Saturday it was launching a high-security tablet, developed with International Business Machines Corp and Samsung Electronics Co Ltd.

The SecuTABLET, based on Samsung's Galaxy Tab S 10.5 and being presented by BlackBerry unit Secusmart at tech fair CeBIT 2015 in Germany, reflects the Canadian company's stress on secure connections for governments and businesses as it seeks to preserve a niche market after a drubbing in recent years at the hands of emerging smartphone makers such as Apple Inc. **REUTERS**

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GOP. Lawmaker to launch investigation of Clinton emails

Representative John Boehner, the top Republican in the U.S. House of Representatives, plans to announce a new investigation this week into Hillary Clinton's use of email when she led the State Department, ABC News reported on Sunday.

ABC's "This Week" program said top Republicans had been briefed about Boehner's plans, but did not give details.

Clinton, expected to launch her campaign soon for the Democratic presidential nomination in 2016, has faced a storm of criticism over her email habits. She used a personal email address instead of a government one, as well as a personal server, during the period she was secretary of state from 2009 to 2013.

Clinton's use of a personal email address surfaced as multiple congressional panels investigated the 2012 attack on a U.S. diplomatic facility in Benghazi, Libya, during her State Department tenure.

Republican Representative Trey Gowdy, the head of a special House committee examining Benghazi, has said he would like Clinton to testify about her email practices before Congress by April. REUTERS

Quoted

"But who gets to decide what's personal and what's public?'
Gowdy

BOEHNER / GETTY IMAGES

Senate leader: Obama on the verge of 'very bad deal' with Iran

Deal. Opposition intensifies as U.S. Secretary of State John Kerry resumes negotiations with the Iranians.

Senate Republican leader Mitch McConnell / GETTY IMAGES

U.S. Senate Republican leader Mitch McConnell said on Sunday that President Barack Obama was on the verge of making a "very bad deal" on Iran's nuclear program and made clear that Congress will weigh in on any agreement.

"Apparently the administration is on the cusp of entering into a very bad deal with one of the worst regimes in the world that would allow them to continue to have their nuclear infrastructure," McConnell said on CNN's "State of the Union" program. "We're alarmed about it."

U.S. Secretary of State John Kerry was resuming negotiations with the Iranians in Lausanne, Switzerland on Sunday with the goal of reaching a framework agreement by the end of March. Kerry said on Saturday he hoped "in the next days" it would be possible to reach an interim deal.

On Saturday, the White House warned Republican senators that proposed legislation requiring Congress to approve any accord reached with Iran over its nuclear capabilities could have a "profoundly negative impact" on negotiations.

Obama has said he would veto such a measure, which also has support from some of his fellow Democrats. REUTERS

Letter

47

As negotiations intensified this month, opposition to the agreement in the works erupted in the U.S. Congress. An open letter sent last week to Iran's leaders from 47 Republicans in the 100-member Senate warned that any nuclear deal reached with Obama may be undone after he leaves office in 2017.

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NY real estate baron Robert Durst arrested on LA murder warrant

Durst. He was taken into custody just before 11 p.m. on Saturday by the Orleans Parish Sheriff's Office.

Robert Durst, scion of one of New York's largest real estate empires, has been arrested in New Orleans on a murder warrant issued by Los Angeles County, the Orleans Parish Sheriff's Office said.

Durst, born in 1943, is known for life twists that led him to be questioned but not charged in the mysterious deaths of his first wife Kathleen Durst in 1982 and a longtime friend in 2000.

There was no lawyer listed for Durst on the arrest report and Durst has maintained his innocence in the deaths.

The New York Times reported last week that the district attorney in Los Angeles had recently reopened an investigation into the December 2000 killing of Durst's friend Susan Berman, and was tying it to the case of Kathleen Durst, who went missing from New York and was eventually pronounced legally dead.

In a telephone interview with the newspaper, Durst said he did not have the "faintest idea" who killed Berman, nor did he know what happened to his first wife, it reported.

Robert Durst / GETTY IMAGES

Office towers

11

The Durst Organization is responsible for a good portion of the city's skyline. The company says it owns 11 Manhattan office towers.

In a separate case, after being arrested while living in Texas disguised as a mute woman, Durst was acquitted of murder in 2001 after convincing a jury that he had fatally shot and dismembered an elderly neighbor in an act of self-defense.

The Durst Organization oversees the lease and maintenance of One World Trade Center.

Robert Durst, who has lived in Texas after getting about $65 million from the settlement of a lawsuit he brought against family trusts, was charged in 2014 with urinating on a drugstore candy rack in Houston.

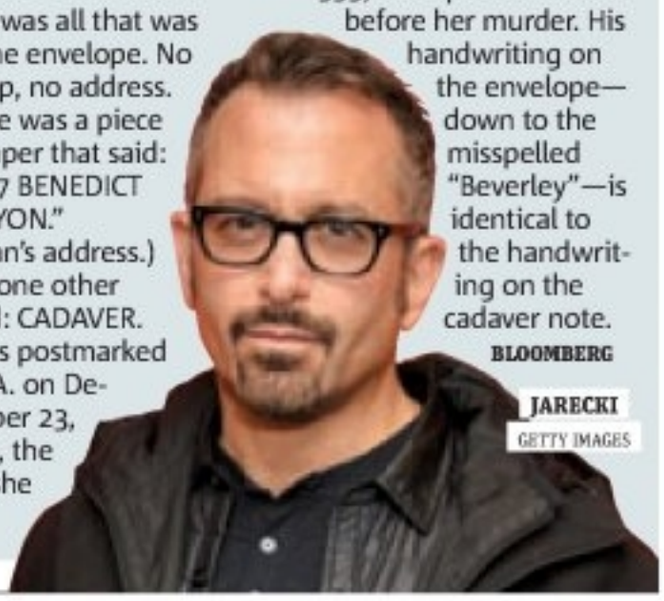
His life also inspired the movie "All Good Things." REUTERS

'The Jinx'

Investigation could be bolstered by documentary

Bobby Durst shockingly cooperated in an extraordinary six-part docu-series on HBO called "The Jinx: The Life and Deaths of Bobby Durst," by director Andrew Jarecki and producer Marc Smerling. The series showed one of the creepiest pieces of evidence in the Susan Berman murder case was a note that was mailed to "THE BEVERLEY [sic] HILLS POLICE DEPARTMENT." That was all that was on the envelope. No stamp, no address. Inside was a piece of paper that said: "1527 BENEDICT CANYON." (Susan's address.) And one other word: CADAVER. It was postmarked in L.A. on December 23, 2000, the day she was killed. The filmmakers shrewdly bring up the note. Bobby replies that he can't imagine who would have mailed that because "you're writing a note to the police that only the killer could have written."

Fifteen years later: One of the closest people in Susan Berman's life was Sareb Kauffman, the son of an ex-boyfriend of Susan's, who she considered her son. In "Chapter 5," Sareb discovers a letter in his mother's stowed-away possessions sent to her from Bobby in 1999, a couple of months before her murder. His handwriting on the envelope—down to the misspelled "Beverley"—is identical to the handwriting on the cadaver note. BLOOMBERG



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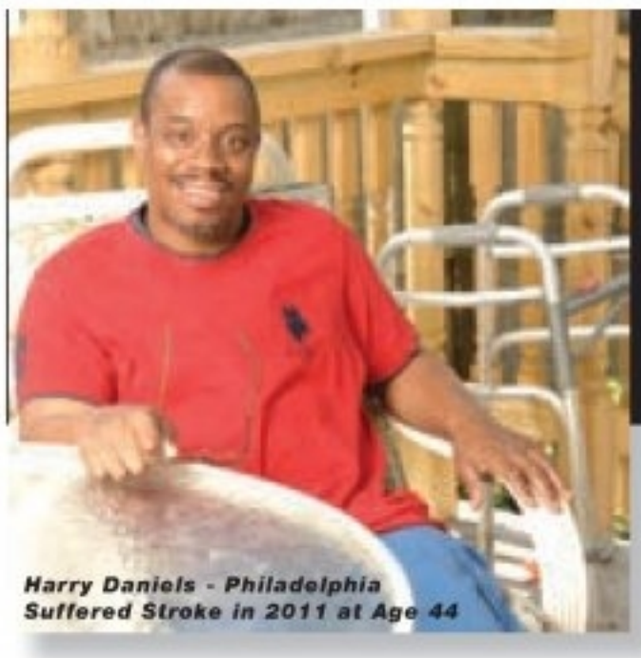
Harry Daniels - Philadelphia
Suffered Stroke in 2011 at Age 44

SALT AWARENESS WEEK
MARCH 16 - 22

Harry's Story: Reduce Salt Consumption and Prevent Strokes!

West Oak Lane resident Harry Daniels is one of the faces of Get Healthy Philly's Salt Awareness Campaign. He is sharing his story on bus ads and online videos to help others in Philadelphia avoid a possible stroke. Daniels is helping to get out the word that what you put into your body *can* hurt you.

Harry had a stroke in 2011, at the age of 44. Before his stroke, Harry said, "I had a diet that I wouldn't wish on anybody. I ate whatever I wanted to eat, especially with a lot of salt." He also admitted that overeating may have played a role in this stroke.

"When I ate, I had two of everything," he said. "It was always two because one was never enough! And from me eating whatever I wanted to eat, I had a stroke."

Every day is a struggle for Daniels, who lost all movement on the right side of his body as a result of his stoke. Physical and occupational therapy has helped him get back a lot, but not all, of his movement.

While Daniels still faces challenges with many of the daily activities that others take for granted, he is happy to still be alive. He counts his blessings every day—from the support of his mother and other family, to being able to watch his five year-old daughter grow up.

Many people don't know that too much sodium in one's diet greatly increases the risk of developing hypertension or high blood pressure. These are primary risk factors for heart disease and stroke. High blood pressure affects nearly 40% of all adult Philadelphians and almost 50% of Philadelphia's African-American population. Helping Philadelphia residents to decrease their sodium intake could prevent thousands of deaths every year.

Most salt in our diet isn't from the salt shaker at the dinner table. It comes from foods consumed outside the home—restaurant meals, take-out foods, and packaged snacks. The top three sources of sodium in our diet are breads, cold cuts and pizza.

Salt Awareness Week is a perfect time to share this sodium-reduction information with family and friends who are in their 40's or 50's, especially those who are African American. It is a challenge to change your diet, be more active or change your lifestyle, especially when you're older. The City campaign urges Philadelphia residents to reach out and support the efforts of those they care about to be healthier.

3 Top Sources of Sodium in our Diet:

- **Bread & Rolls**
- **Cold Cuts**
- **Pizza**

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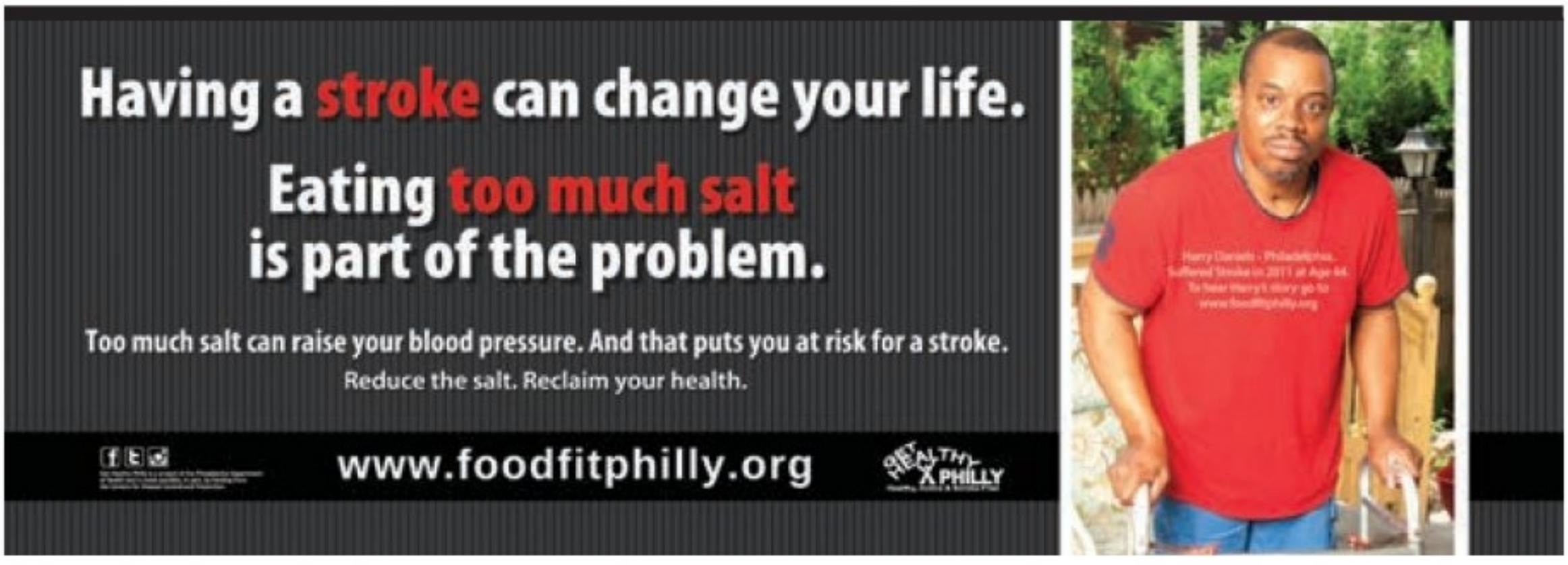
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Urges more sanctions

Ukraine's president says truce not working

Ukraine's president accused Russian-backed separatists in the east of failing to respect a cease-fire with Ukrainian troops and called for further sanctions on Russia in comments to a German newspaper to be published on Monday.

Attacks have become less frequent since the latest cease-fire came into force in mid-February, but both sides accuse each other of violations. Ukraine's military said last week that pro-Russian rebels were using the truce to amass heavy weapons.

An agreement signed in Minsk in September called with the withdrawal of heavy weapons from the front line.

"Ukraine has fulfilled every single point of the Minsk agreement. The cease-fire has been implemented immediately on our part, but the Russian fighters have done the exact opposite," Petro Poroshenko told the Bild newspaper.

"Every day, there is shooting from the Russian side, often more than 60 times a day. In total, the cease-fire has been broken 1,100 times," he said. "The truth is that the agreement is not working."

Poroshenko also called for additional sanctions against Russia for breaking the cease-fire. REUTERS

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A peshmerga gunner mans a heavy machine gun as Iraqi Kurdish forces push the frontline forward against ISIS forces. / GETTY IMAGES

Kurds say ISIS used chlorine in bombings

Iraqi offensive. The military campaign to retake Tikrit has been stalled since Friday.

Islamic State fighters traded sniper fire and mortar rounds with Iraqi troops and allied Shi'ite militia forces on Sunday in the city of Tikrit amid further reports the militants had obtained chlorine for possible use as a chemical weapon.

A military official returned from the front in Tikrit said no major advances were made by either side nearly two weeks into an operation to win back the city IS fighters seized last June.

Iraqi Kurdish authorities said on Saturday they had proof the radical Islamist militants occupying large parts of the country's north and west used chlorine against Kurdish peshmerga fighters in January in a car bombing attempt west of the city of Mosul.

The Baghdad government has not issued a statement on the semi-autonomous Kurdish region's announcement. An official reached by Reuters on Sunday declined to comment.

But the mayor of a town on the northern edge of Tikrit told Reuters on Sunday that storage containers filled with chlorine were found by troops and mainly Shi'ite militiamen when they entered al-Alam last week, the day before they fought their way into Tikrit.

He also said the security forces had found bombs containing chlorine.

On Tuesday, when Iraqi forces and allied mainly-Shi'ite militias pushed Islamic State fighters out of the town, a Reuters photographer was present when Iraqi police instructed journalists to stand back and hold their breath as they detonated a roadside bomb they suspected contained chlorine.

When they detonated the bomb, a yellowish plume burst into the air, and as bystanders coughed, officials shouted "be careful, it's chlorine!", the Reuters photographer said. REUTERS

Quoted

"We found a number of storage units containing chlorine that we think were seized by Daesh from water purification stations in different parts of Tikrit."

Laith al-Jubouri said, using the Arabic acronym for the group. He said security forces had sealed off the area where the containers were found and alerted Baghdad authorities.

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Poll. Apple Watch not on shopping list for 69 percent of Americans

An Apple employee demonstrates how to use an Apple Watch during a media event at the Yerba Buena Center for the Arts in San Francisco, California. / GETTY IMAGES

Apple Inc's new smartwatch may be a tough sell, with 69 percent of Americans indicating they are not interested in buying the gadget, according to a Reuters/Ipsos poll.

However, the survey also showed limited awareness of the watch. The poll was taken after Apple Chief Executive Tim Cook rolled out the product on Monday, and only about half of respondents said they had heard news of the timepiece in the last few days.

Also, in an encouraging sign for Apple, roughly 13 percent of survey respondents who did not own an iPhone said that they would consider buying one in order to buy an Apple Watch, which needs an iPhone to work fully.

Apple overcame skepticism about the iPad and iPod when they first debuted, but the survey suggests that the world's largest technology company has work to do to make the watch ubiquitous.

The new watch, a test of Cook's leadership, is the company's first new product in five years, and it hits stores on April 24.

It allows users to check email, listen to music and make phone calls from their wrist. Apple will sell various versions, from a $349 'sport' edition to a $17,000 18-karat gold timepiece.

Ipsos surveyed 1,245 Americans online between March 9 and March 13. The data was weighted to reflect the U.S. population and has a credibility interval of plus or minus 3.2 percentage points.

Apple did not immediately respond to a request for comment on the poll.

One-quarter of respondents said they were interested in purchasing the Apple Watch, but 69 percent said they had no desire, and 6 percent said they were unsure.

Initial demand for the watch is expected to come primarily from existing iPhone users, but its wider success is seen depending on whether developers create enticing apps tailored to the device, so-called killer apps. REUTERS

Just a fad

52%

More than half of respondents, 52 percent, agreed with the statement that smartwatches are a 'passing fad.'

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How do your selfies compare?

Self-portrait photos

Unique twist on the selfie

We take selfies all the time but how many of our shots can match up to these creative, eye-popping works of self-obsession? With the help of drones and striking locations Ari Fararooy, LA-based photographer, prides himself on snapping self-portraits, each one more cleverly composed than the last. MWN

ARI FARAROOY / @ARI_FARAROOY

Q&A

Photographer Ari Fararooy

Do you want to change the trend of selfies?
Well honestly, I don't really care either way. I guess it could be cool to see others being more creative with their selfies, but I wouldn't mind if the trend stayed as it is.

Why should fans of self-portraits be more creative?
They really don't have to, but if certain people enjoy being unique and expressive, then taking creative 'selfies' or self-portraits' is a fun thing to do.

What is your recommendation to be more creative?
The best way to be creative is experimentation. Testing different camera angles and poses is a good way to start. INTERVIEW BY DANIEL CASILLAS/MWN

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How to pick the perfect summer camp

Compare and contrast. Some things to consider before you send your child to camp.

Camp can help your kids meet new friends and learn new skills. / ISTOCK

How do you know if your child is ready for sleep-away camp?

That's a question Jill Tipograph of Everything Summer often gets from parents and other family members as they try to plan for their child's summer vacations.

"The first thing is assessing readiness. Is their child physically and emotionally ready for overnight camp?" she asks. "They have to be able to take care of themselves. Hopefully they've also had overnight stays with friends and relatives."

We asked Tipograph, who has worked as an independent summer camp consultant for 20 years, for her tips on how parents can pick a camp that's the right fit for their child.

Consider your child's personality

"It's really important to think about an individual's personality," she says. "Just because a friend or parent went to a certain camp doesn't mean that your child will be happy there. Every child has different needs."

It's important to consider how your child responds to instruction. "Do they need individual attention or do they more go with the flow?"

Ask lots of questions

"Meet with the camp director when you visit," Tipograph advises. "Do you feel like their philosophy matches yours? Do you feel in sync with them?"

Think about if it's time to specialize

There are camps out there devoted solely to one subject like theater, music or art if you and your child want to focus on a particular talent. "That's opposed to a traditional camp, where a child is exposed to a lot of activities like sports, nature and the arts," Tipograph says.

LAKSHMI GANDHI
@LakshmiGandhi
lakshmi.gandhi@metro.us

Ask for opinions

Talk to your child

"Involve your child in your search for a camp," she adds. "Being part of the process gives them confidence."

During your discussions as a family, it's also important to talk about how long your child will be comfortable being away from home. "Talk about the length of their stay. Do you want a short-term camp [which is two weeks] or a longer-term stay?"

Equipment

A water bottle for outdoor-types

Anyone who has been hiking knows how frustrating (and expensive) it can be to lug bottled water everywhere. The creators of a newly introduced water filtration tumbler want to make things easier for anyone who needs to hydrate during a long walk or a workout at the gym.

ZeroWater's new Tumbler uses the same five-stage filter technology as the company's pitchers and other products. Its creators say the filters easily remove impurities and toxins often found in tap water.

Good Housekeeping found in tests that ZeroWater's system removed the highest percentage of the 15 most common tap water contaminants.

The tumbler currently retails at $14.99. LG

2

CULTURE

Twitter feed

Today, Kumail Nanjiani is trying to get a point across and Tyra Banks is not a happy camper

@kumailn:
Mustaches are the eyebrows of the lower face lol. Now that I have your attention, climate change is a real problem whether we see it or not.

@tyrabanks:
Eye makeup remover that burns the eyes????!!!! My smize is on friggin' fire right now!!! WTF!!!

Sir Elton is not pleased. / ALL PHOTOS GETTY IMAGES

Celebrities call for Dolce and Gabbana boycott

Designers Domenico Dolce and Stefano Gabbana have some not-too-progressive thoughts about gay parents. "We oppose gay adoptions. The only family is the traditional one. No chemical offsprings and rented uterus: there are things that should not be changed," Gabbana declared during an interview with Italy's Panorama magazine, and Dolce had some choice words as well: "You are born to a mother and a father — or at least that's how it should be," he added. "I call children of chemistry, synthetic children. Uteri [for] rent, semen chosen from a catalog."

Needless to say, Elton John was not pleased. "How dare you refer to my beautiful children as 'synthetic,'" he posted to Instagram. "Your archaic thinking is out of step with the times, just like your fashions. I shall never wear Dolce and Gabbana ever again."

THE WORD

Ned Ehrbar takes on the world of gossip.

NED EHRBAR
@Nedrick
ned.ehrbar@metro.us

Miley Cyrus romance heating up

THEY DO SEEM HAPPY.

Miley Cyrus' relationship with Patrick Schwarzenegger is getting "very serious," sources say, and luckily his sister, Katherine, is totally on board. "I think they're adorable," Katherine tells Extra. "You just want your sibling to be happy, if they're with someone who makes them happy and in a happy healthy relationship then I'm happy." Man, she really like the word happy.

Heather Mills keeps slamming Paul McCartney

TELL US HOW YOU REALLY FEEL.

Heather Mills insisted when she appeared on the "Late Late Show" that she didn't want to talk about ex-husband Paul McCartney, but she's got a funny way of showing it. "This is just someone I fell in love with who to me was a normal guy that happened to write a few cool songs in the '60s and a few in '70s," she says. "I once divorced somebody that I once loved and then I was abused for it." Oh, and by the way, she's way more popular with the kids these days than McCartney, so there: "When I go down the street, it's 'Oh my god, you're a ski-racer' or 'You help the animals.' You know, I own the biggest vegan company in the world," she boasts. "If I go down the street, all I get is kids coming up to me. Half of them don't even know who he is. That's why he's got to do songs with Rihanna and Kanye West, so people remember." Ouch.

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'Annie.' Issie Swickle takes a turn as the always optimistic redhead

Issie Swickle is only 9 years old, and she's already starring in a Tony Award-winning show. Swickle is the lead in the newest incarnation of "Annie," currently on tour and making a Philly stop this week.

She's a busy kid, but we managed to ask her a few questions about touring — and having to chop off her hair for Annie's iconic look.

Gilgamesh Taggett is Oliver Warbucks and Issie Swickle plays Annie in the touring production. / JOAN MARCUS

How did you first react when you found out you got the role of Annie?
I was shocked.

What do you like best about playing her?
It's mostly really fun and hopeful.

Were you nervous playing a character that people already know so well?
No, because I learned from the best. I learned from the man who created Annie. I know that everything I do as Annie is correct because ["Annie"'s original lyricist and director] Martin Charnin taught me.

Were you upset having to cut your hair short for the role?
I really didn't mind because it was for a good cause and the role of Annie. So I didn't mind. I was upset at first, but now I'm used to it.

[Swickle donated the hair to Locks of Love.]

Are you a dog person? What's it like performing with Sandy?
I have three dogs at home, so I'm used to dogs. It's an amazing opportunity, and I feel so cool and different working with the dog. I love it.

Which city on the tour has been your favorite so far? And which are you most looking forward to visiting?
My favorite city was Fort Lauderdale — because that's where I live. And Las Vegas, because in Las Vegas, it will be my birthday on opening night.

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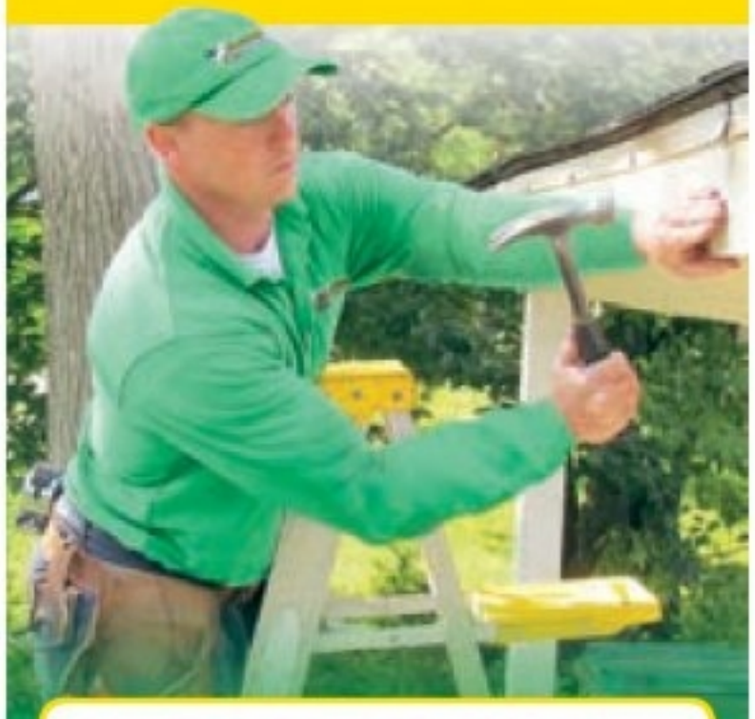

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Retrospective.
We take you inside MoMA's new exhibition exploring the artist's unique world.

BY M/M (PARIS) PHOTOGRAPHED BY INEZ VAN LAMSWEERDE & VINOODH MATADIN. IMAGE COURTESY OF WELLHART LTD & ONE LITTLE INDIAN

Bjork World

"How do you hang a song on a wall?"

This was Bjork's main concern when Klaus Biesenbach, currently chief curator at large at the Museum of Modern Art, first approached her in 2000 about mounting an exhibition of her work.

Yet, Bjork — her work, her persona — has always encompassed more than just music.

"Bjork was the paradigmatic artist of the '90s," says Biesenbach of the singer's cross-collaborative, envelope-pushing approach to pop during that time. "But 15 years ago, a Bjork exhibition would have been a retrospective of her music videos."

Now, there's much more. The Icelandic chanteuse has just released her ninth solo album, "Vulnicara," a tour de force chronicle of the dissolution of her 10-year relationship with artist Matthew Barney. Her raver meets anarcho-punk meets manic pixie wood-sprite look has captured the imaginations of many fashion designers for spring, particularly after the Marc by Marc Jacobs runway show. And, of course, there's the long-gestating MoMA show, "Bjork," which opened this month and runs through June 7.

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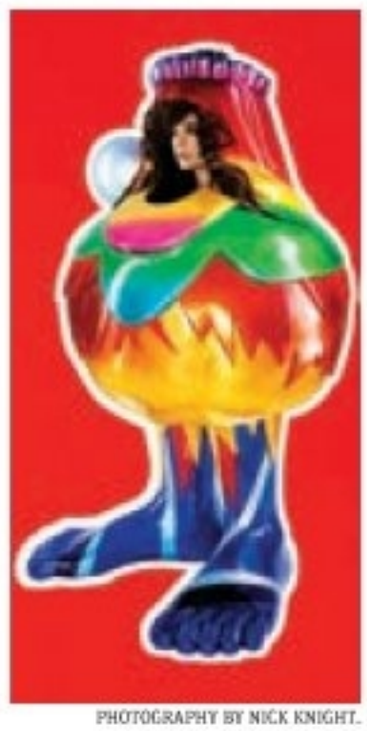
'Black Lake'

Two black-box theaters on the second floor are reserved for Bjork's music videos — one plays the new, MoMA-commissioned 10-minute "Black Lake," while the other cycles through groundbreaking classics like "It's Oh So Quiet," directed by a then largely unknown Spike Jonze, and "Human Behavior," directed by the wonderfully absurdist Michel Gondry and featuring Bjork running away from a giant teddy bear.



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PHOTOGRAPHY BY STÉPHANE SEDNAOUI
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Fall back in love

There are Bjork baby photos, handwritten journals and some of her more notorious costumes: the infamous Swan Dress, which she wore to the 2001 Academy Awards; the paper airmail suit she donned for the cover of her second album, "Post"; the revealing Alexander McQueen pearl-and-tulle wedding gown she wore for the video of "Pagan Poetry." Going through the various Bjorks on display here — the club kid, the Earth Mother, the glamorous cyborg, the warrior woman — you realize that this shape-shifter has had more personae than Madonna or David Bowie.

Her heart

Much of MoMA's "Bjork" lacks the humanity that makes Bjork a compelling artist. But it's in her music videos. In "Black Lake," Bjork, in a dark cave, beats her chest as she mourns the loss of her love.

"It was the coldest summer ever," recalls Biesenbach of filming in Iceland. "She was in this dress made out of copper wire. She sang every take without ever lip-synching, to the point of exhaustion.

"The cave," he adds, referring both to the video and the one constructed at MoMA, "it's her heart."

PHOTOGRAPH BY DANNY CLINCH

Steampunk delights

"Bjork" attempts to showcase the breadth of the artist's work — from her songs and music videos to her musical instruments, which were created by robotics experts and computer programmers for her 2011 album "Biophilia." (These instruments are located in MoMA's lobby, and consist of a MIDI-controlled pipe organ and a roboticized gravity-pendulum harp, among other steam-punk delights.)

Life story

The core of the show, however, consists of "Songlines," an audio-guided "journey" through Bjork's seven major studio albums. As visitors walk through the constructed black-box maze, they hear snippets of Bjork's music — the restless, infectious dance beats of 1993's "Debut," the lush strings of 1997's "Homogenic" — while a woman's voice reads an obtuse "narrative" loosely based on the singer's life and written by the Icelandic poet Sjon.

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'Not Quite Nice.' Celia Imrie tries her hand at writing novels

British actress ("The Second Best Exotic Marigold Hotel"), dancer and memoirist Celia Imrie has decided another job title would suit her quite nicely, so she's gone and made a novelist out of herself as well. Her first work of fiction, "Not Quite Nice," follows Theresa, a woman forced into early retirement and used by her daughter for free day care, as she abandons her old life for sunnier times in the South of France. It's a move Imrie herself knows something about.

Packing up and moving away seems very romantic.
Indeed. I've actually bought a place in Nice, which is what my novel is about. But the truth is that an actor has got to be sort of everywhere. It's surprising how rarely you live and work in your own home. You're generally off somewhere — which I love, of course.

You're obviously a fan of Nice.
Mad about it. I've just come back last night. For me, it's like heaven on earth. Just yesterday, I was out on my balcony and it was so hot! You start to realize why, in history, the royals would spend the winters there. It's one of the most beautiful places ever.

CELIA IMRIE
WIREIMAGE

What was the genesis for the book's story?
It was an idea of somebody just picking up and getting out. Someone grandmother-age, who was being slightly used by her daughter — which you hear of time and time again. A lot of grandmothers wouldn't admit to it, but I've watched it and thought, "Oh my." Also, as an actress writing, all the characters are worthy of a screenplay, I reckon. [Laughs]

And if they made a film of "Not Quite Nice," would you want to star?
Of course! Don't be daft, of course. [Laughs] I'm not that selfless, I'm afraid. I've got so much to do and so little time to do it, so I want to do everything.

You've also got "The Second Best Exotic Marigold Hotel" out, in which you're playing in a love triangle. Is that a particularly exciting prospect as an older actress?
I suppose I'm lucky, yes. I love that Madge is having such fun. ... But of course, because I still think that I'm 26, it's rather thrilling for me to think that I'm playing someone who is still desirable.

You don't have to be 26 to be desirable.
Quite so! Thank you, I agree.

NED EHRBAR

When Dascha Polanco met Method Man

Interview. The "Orange Is the New Black" actress hits the big screen with "The Cobbler."

Dascha Polanco plays the emotionally abused girlfriend of a gangster (Method Man) in Thomas McCarthy's "The Cobbler." / RLJE, MAGE ENTERTAINMENT

Dascha Polanco's rise has been fast: She was a nurse in the Bronx with two tiny TV credits to her name when she scored her gig on "Orange Is the New Black," playing inmate Daya. She then had small roles in "Gimme Shelter" and now the indie fantasy "The Cobbler," playing the harried girlfriend of a gangster played by Method Man. When we speak, the Brooklyn native is in Boston shooting David O. Russell's "Joy," alongside Jennifer Lawrence, Bradley Cooper, Robert De Niro and more. Not that that makes her nervous.

DASCHA POLANCO
MIKE COPPOLA

Her "Cobbler" character:
"It depicts what people in bad relationships go through — the ups and downs, the physical and emotional abuse, and being able to survive that. When I look at roles, I look at them as an opportunity to not judge the character but to become the essence of that character."

Playing Method Man's paramour:
"Growing up, I was a fan of Method Man's music. I had posters of him. He was my little teen crush. To work with him — I was timid. I was a little intimidated because I didn't know he was so tall. I was like, 'Wow, you look small on MTV!' But he's very welcoming, very down to earth."

The film's portrayal of a gentrifying New York: "The other day, I thought I'd look up some apartments in Brooklyn, because I thought I'd like to move back there. When I saw the average cost of living in Brooklyn, I was like, 'Wow, it's Manhattan now.' ... As a native Brooklynite, I miss the true, genuine Brooklyn street."

Diversity in roles: "It's only going to get better. It's only going to create more understanding for people to think that, as shapely as I am and as a Latina woman, I can be a lead actor in your movie and be exceptional at it."

MATT PRIGGE
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matt.prigge@metro.us

Bonus thought

Movies vs. TV

"Doing movies, you're on a time limit. You don't have time to create a family. On a TV show, you're together for so long that eventually you have this family environment. In a movie, you're in and out. But making movies, you get exposed to so much more. You make a movie quickly then you're on to the next, and you meet different people. There's no monotony. I need both [TV and movies]. I need a little bit of both in my life."

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Get ready for some sexy new TV zombies

New shows. The CW's "iZombie" is trying out something a little different with the brain-eating undead.

"iZombie" premieres Tuesday at 9 p.m. on the CW. / DIYAH PERA, THE CW

"Buffy" fans, take note: There's a new young blond woman with supernatural powers, firing off snarky quips. Except this time, she's not so much fighting off supernatural creatures as being one of them. Yes, Liv (Rose McIver) is a zombie. Yes, she eats brains, but she's very nice, we promise. And lucky for her, she picks up abilities and memories from the brains she eats, so she uses her talents to solve murders on the CW's new "iZombie."

"This is a dark comedy," says co-star David Anders. "I'm calling it a 'zom com rom dram.'"

The show makes a point of having its zombies look a little less decrepit than your average "Walking Dead" zombie, and they're still engaged, active participants in their world.

"Zombies are bringing sexy back. It's flipping the genre on its head," he promises.

How sexy are these zombies? Says co-creator Rob Thomas, "We were calling the show ZILFs at one point."

Anders plays another zombie on the show, but while Liv is trying to get back to her pre-zombie life, Anders' Blaine seeks to take advantage of his new skills.

"Blaine is just a zombie crime boss trying to find his way in the world," says Anders.

Thomas also created teen noir classic "Veronica Mars," and the shows have more in common than a snarky blond lead. Both also make use of voice-over, though Thomas says the tone is quite different.

"Veronica's hardened. I always wanted us to, at our best in those voice-overs, strive for this very Raymond Chandler-esque, hard-boiled, cynical world-view. And I think Liv, and 'iZombie,' is more naturally a softer character."

With all the brain eating on the show, do the fake brains taste good? Alas, no, according to the man who has to eat them.

"It's disgusting," says Anders. "We always have a spit bucket standing by."

LISA WEIDENFELD
@LisaWeidenfeld
lisa.weidenfeld@metro.us

Past lives

Encouraging words

This isn't the first time Anders has played the bad guy. Audiences might recognize him as Sark from spy show "Alias." And it turns out co-star Jennifer Garner once had some very encouraging words for him. "I was actually in the makeup trailer next to Jennifer Garner once, and I was like, 'Hey Jen, let's be nerds because we're both getting makeup done. Can I get an autograph on a headshot?' and she was like, 'Oh yeah, sure.' And I got it later that day, and it said, 'David, get comfy, you're going to be here awhile,'" shares Anders. "I still have that framed."

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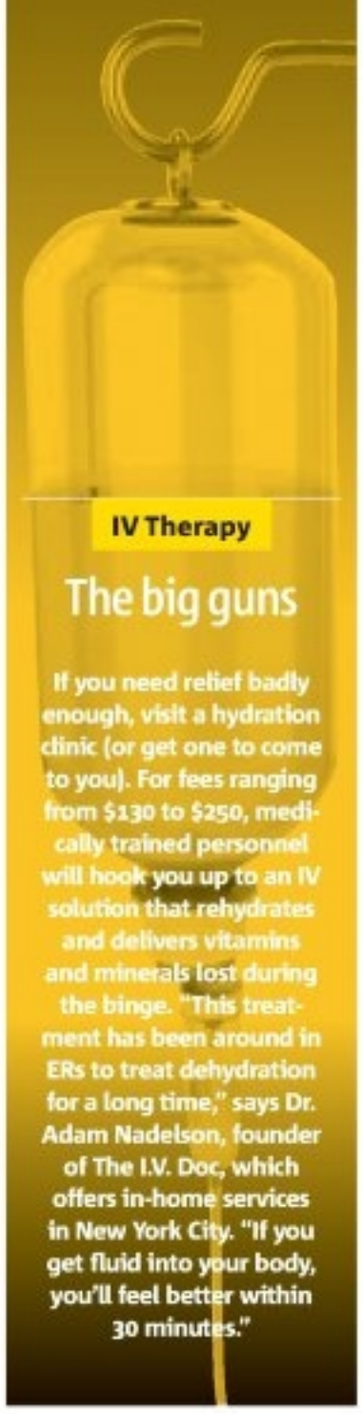

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The big guns

If you need relief badly enough, visit a hydration clinic (or get one to come to you). For fees ranging from $130 to $250, medically trained personnel will hook you up to an IV solution that rehydrates and delivers vitamins and minerals lost during the binge. "This treatment has been around in ERs to treat dehydration for a long time," says Dr. Adam Nadelson, founder of The I.V. Doc, which offers in-home services in New York City. "If you get fluid into your body, you'll feel better within 30 minutes."

Booze cures? Not quite

Hangovers. Sorry, St. Paddy's revelers, there's no way to avoid it, but there is help.

You can't prevent a hangover, but you can feel better faster the next day. / ISTOCK

Looking for a sure bet to avoid your impending St. Patrick's Day hangover? Don't get your hopes up.

"I'm not aware of any hangover cures that work," says Dr. George Koob, director of the National Institute of Alcohol Abuse and Alcoholism.

Instead, he suggests moderation as a way of prevention. "Just pace yourself," Koob says. "Sip slowly, have a glass of water between drinks. Dehydration contributes significantly to a hangover, so the more water you have, the better."

But in case you wake up with a classic case — throbbing headache, nausea, fatigue, weakness and thirst – there are products ranging from tablets to drinks to IV infusions that promise to relieve those symptoms.

Blowfish, which was developed in New York City, offers a refund if its effervescent tablets containing aspirin and caffeine don't work. "In terms of the guarantee, we do occasionally have people take us up on it," founder Brenna Haysom notes.

Why you're hungover

From the Mayo Clinic, alcohol:

- Is a diuretic, and dehydration makes you light-headed and dizzy.
- Causes inflammation, and the immune response to suppress it can cause memory problems and difficulty concentrating.
- Increases production of stomach acid, causing nausea and pain.
- Can lower your blood sugar, and hypoglycemia can make you feel moody, tired and shaky.
- Dilates your blood vessels, which can cause a headache.
- Makes you sleepy, but hurts your quality of sleep, so you'll wake up feeling groggy.
- Has congeners, a common flavoring in darker liquors, that can worsen hangovers.

LESLIE GEVIRTZ
@ sippingsister
leslie.gevirtz@metro.us

Another longtime favorite hangover remedy comes from Australia. Berocca is an orange tablet that creates a fizzy drink full of B vitamins, immune-boosting zinc, caffeine and vitamin C.

If your only option is a vending machine, go for the sodas in a green can. A couple of years ago, researchers at Sun Yat-sen University in China concluded that lemon-lime soda was best in cutting the length of a hangover. They tested 57 beverages ranging from teas, herbal drinks and sodas, and concluded that Sprite or 7-Up was the most effective.

Salt

A high-sodium diet could be hurting more than your heart

Sugar may be the new bad boy of the nutrition world, but that doesn't mean salt is off the hook. But just because it's not raising your blood pressure doesn't mean you can go to town on an entire bag of potato chips.

Two scientists at the University of Delaware found that even without the classic marker of high blood pressure, eating too much salt is hurting the blood vessels, heart, kidneys and even the brain. Circulation is hurt not just by harder artery walls, but because of reduced functioning by the lining of blood vessels, which can cause issues with coagulation, platelet adhesion and the body's immune response. Salt may also leave you feeling more keyed up by stimulating the sympathetic nervous system, which regulates hormones like adrenaline.

EVA KIS

RESTAURANT MEALS TEND TO CONTAIN MORE SALT THAN HOME-COOKED ONES. ISTOCK

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Finances. Survey reveals how law students expect to pay for school.

We all know that law school is a big investment, both in terms of the time it takes to earn the degree and the hefty tuition bills that need to be paid to do so. A new survey from Kaplan Test Prep reveals just how the lawyers of tomorrow plan to pay it.

The test prep company asked over 900 prospective law students how they plan to finance their JDs. It found that more than a third of students say they plan on funding their degrees entirely by themselves, and over 20 percent more say they expect to pay for at least half of everything on their own.

In order to manage doing so, many of the students say they are expecting to work their way through school while also taking out loans and applying for other types of aid.

A small minority of students (10 percent) say they don't expect to pay for any of it — and expect scholarships and grants as well as their personal savings to cover the bill.

"One thing that's notable about our survey is that more than six in 10 respondents plan on securing merit-based aid to pay for law school, which may be wishful thinking," says Kaplan's Jeff Thomas, who works on pre-law programs. "The reality is that even in the present market, law schools offer limited merit-based aid relative to the number of students they accept — it's predominantly based upon outstanding GPAs and LSAT scores."

LAKSHMI GANDHI

Paying for it all

Thanks, Mom and Dad

But there is some stressful (and perhaps surprising) news for the parents out there who may be reading this. Nearly seven out of 10 of the students spoken to say they expect a parent or a guardian to chip in with expenses (a conversation we hope they had with their families beforehand).

Before you head to law school, think about your funding options. / ISTOCK

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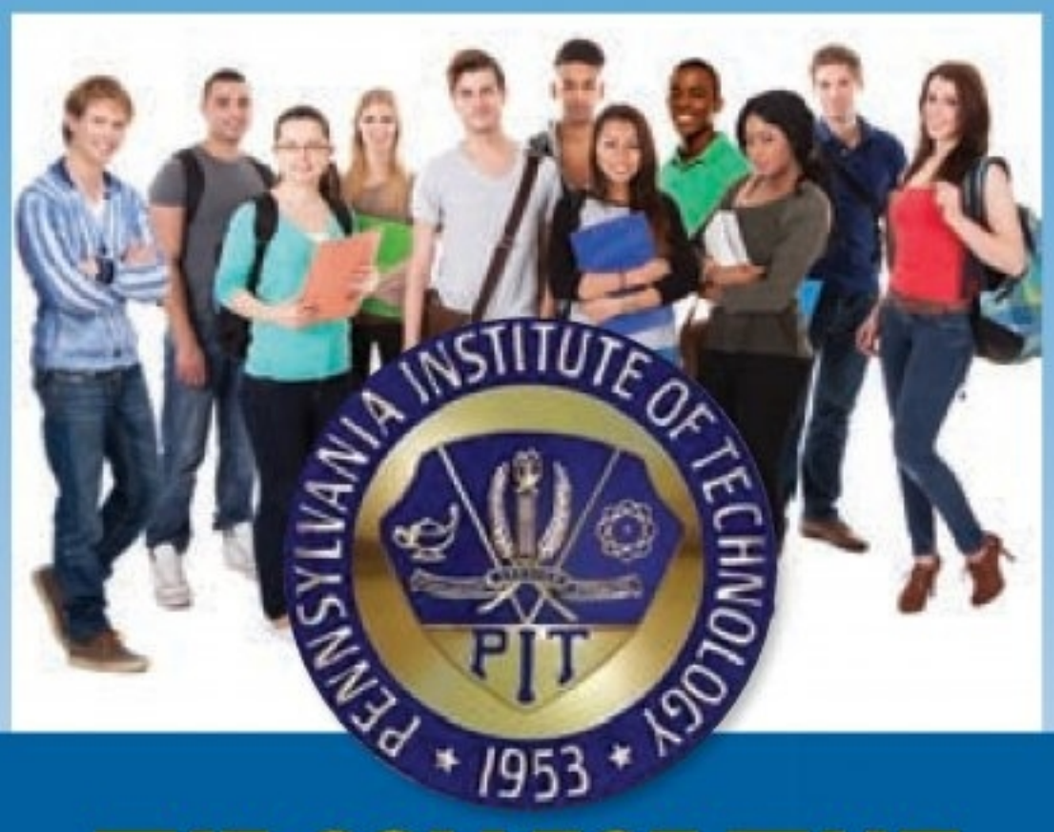

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4 Things to do before sending in your college acceptance letter

Decisions.
Remember to check these things before your final decision.

Try to make one last round of visits before picking a school. / ISTOCK

It's often said that choosing a college is the first adult decision that many teens make in their lives.

It's no surprise, then, that the next few weeks will be particularly stressful ones for college-bound high school seniors as they anxiously wait for their college acceptances to come in and start thinking about where they will ultimately enroll.

"I get students who are really freaked out that they are making the wrong decision," says Sheila Akbar, the education director at Signet Education, a company that advises students throughout the application process. "It's really impossible to see into the future, but if you did your homework, all of the schools you applied to should still be attractive to you."

Akbar recommends doing the following before officially saying yes to a school:

Be confident in your choices

"If you talk to different students, you learn that college is what you make of it," she notes. "You'll find your crew; you'll find friends; you'll find a community."

Discuss financial aid options

Students and their families should also carefully look at each school's financial aid packages. "Which is the best deal?" asks Akbar. "And remember, those deals aren't set in stone. You can negotiate."

But, Akbar warns, it's important not to go too far. "Don't say [for example], 'I got this much from Georgetown. Hey NYU, how much are you going to give me?' Don't pit schools against each other. That's a bad idea."

Take another tour

"Go back to visit," says Akbar. "Now it's a little more realistic because you can be a student there. Now you can go and think, 'This feels right,' or, 'Something is weird.'"

It's important to also make time to talk to current students to get their thoughts on life on campus. "You can ask honest questions because you know you are already in," she says.

Take notes

Sit in on a class

During your visit, Akbar suggests that you also take the time to sit in on a class. "See how the students are engaged," she says. "You want to see what's comfortable for you."

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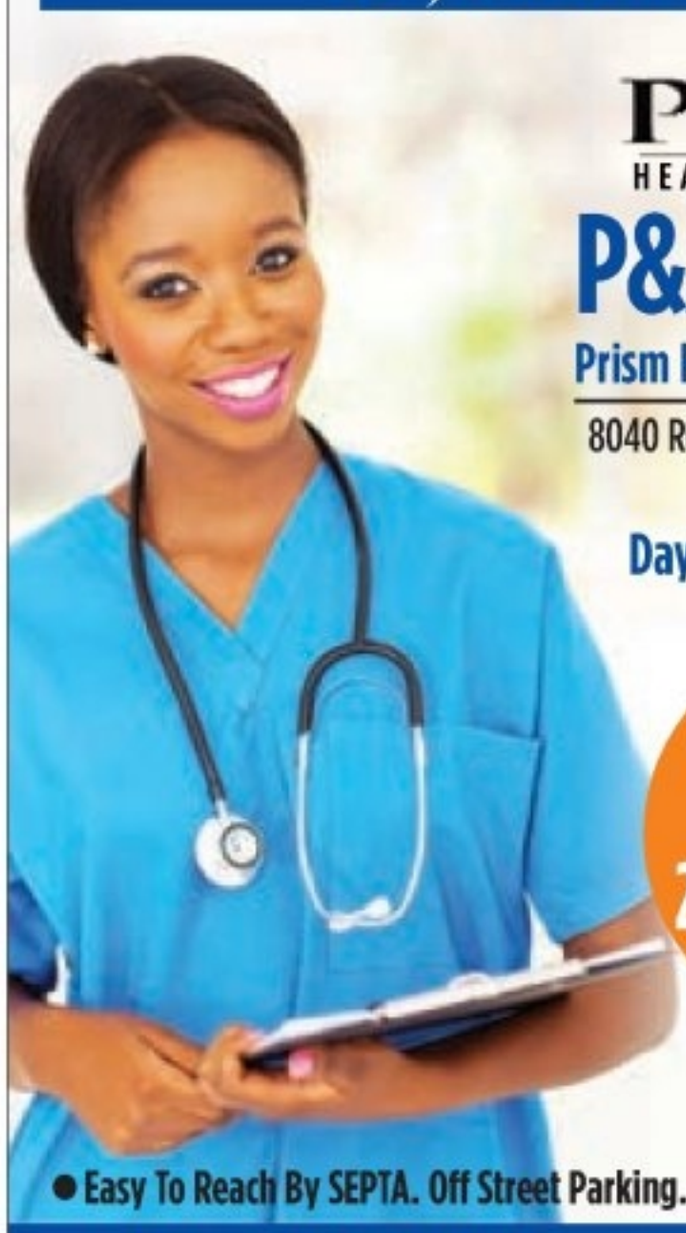

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WHEN MARCH MADNESS TAKES OVER THE OFFICE

It's that time of year again. As brackets become the talk of the water cooler and buzz around college hoops takes center court, there are several ways to navigate March Madness at the office, even when you aren't a big basketball fan.

The next few weeks will be pretty distracting to fans and non-fans alike. / ISTOCK

Get schooled

Let's say hoops aren't really your thing (to my sports-averse sisters out there, I'm talking to you). The question is, will it hurt you if you don't show any interest? Unfortunately, yes — it'll automatically exclude you from conversations with colleagues as well as potential casual conversations with clients. It's the whole small-talk factor. It's not any different than staying on top of the season finale of "Empire" even if you don't watch the show, just to be part of pop culture chit-chat.

Fake it till you make it

March Madness is certainly temporary — you'll blink, and it'll be over during the last tip-off for finals on Monday, April 6. Try to skim the headlines so you know who's playing that day or who just had a major upset. Who knows? You may find it somewhat interesting in the process.

Focus on camaraderie

Whether you could care less about the big games, or if you're really into it, March Madness could be the great equalizer. Check that — the great team builder. Why not reserve a conference room so your team can grab a sandwich during lunchtime and watch a game together? If you're all going to be toggling at your desks between Excel and NCAA March Madness Live anyway, you might as well be hanging together instead of pretending to work.

Inside HR

VICKI SALEMI

Vicki Salemi is a career and human resources expert and consultant with 16-plus years of hands-on management experience. She's a public speaker, coach, the author of "Big Career in the Big City" and on-air host of "Score That Job."

No distractions

Tune it out

It's a funny thing about March Madness — you're either all in or you're all out. It's a lot like pickles — you either love 'em or hate 'em, but it's rarely lukewarm. So, if you choose to ignore the tournament altogether as well as your colleagues' animated discussions and brackets, you may be tempted to tell them to talk to the hand. Simply stay professional and remain focused. If you need to start wearing headphones at your desk to block out chatter about the previous night's big upset, it's OK to do so.

Applications. Tips for an organized job hunt

Apps and spreadsheets will allow you to keep track of things. I/ STOCK

Job hunting is an anxiety-inducing, exhausting time for most people. It's important to remember that keeping organized is the best way to keep your head on your shoulders. You don't want to forget to follow up with a recruiter or forget to send out an application. Here are a few great strategies to help you get started.

Spreadsheet programs

Spreadsheets are an easy way to keep organized.

Make columns for the following information:

- Date you saw the ad
- Name of company
- Name of available position
- Required materials
- Date application submitted
- Status of application

Consider having different spreadsheets for different kinds of jobs.

Web clipping and read-later programs

Try using a web clipping program like Evernote or a read-later program like Pocket and DotDotDot. Doing so will save you the effort of having to find the ad again.

Once you have job advertisements saved, it will be useful to organize them into different folders. Your system can be organized by job type. Keeping everything together ensures you won't forget something that will help you succeed in finding that dream job.

Job hunting is stressful, but you can make the process more organized if you take the time.

Talentegg.com is a job board and online career resource for college students and recent graduates.
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Horoscope

♓ Pisces | Feb. 19-March 20
Others may not be too eager to share, making it vital that you observe what everyone does and says.

♈ Aries | March 21-April 20
Hard work will help you turn an idea into cash. You should keep your business relationships separate from your private affairs if you want to avoid a mishap.

♉ Taurus | April 21-May 21
With foresight and planning, an upward trend in your financial picture will develop. Take inventory of your assets and make the necessary adjustments.

♊ Gemini | May 22-June 20
Someone will ask you for help with a money problem. Relationship difficulties will develop if you aren't careful.

♋ Cancer | June 21-July 22
Keep a close watch over personal property. Don't lend or borrow money or possessions. Make sure that you lay down ground rules.

♌ Leo | July 23-Aug. 22
Have faith in your abilities. You have what it takes to succeed, so forge ahead. With sound ideas and attention to detail, you will get what you want and more.

♍ Virgo | Aug. 23-Sept. 22
Be disciplined when it comes to your goals. Whether you join a gym or work out at home, it's important to get moving.

♎ Libra | Sept. 23-Oct. 22
Your favorite hobby or project can help you alleviate stress. Do your best to keep the peace, and strive for harmony.

♏ Scorpio | Oct. 23-Nov. 21 You'll be amazed to discover more about your heritage from relatives. Ask questions in order to gain greater insight into something relevant.

♐ Sagittarius | Nov. 22-Dec. 21 Don't sell yourself short. Taking on extra responsibilities at work will result in a wage increase or give you the confidence.

♑ Capricorn | Dec. 22-Jan. 20 Problems with joint bank accounts or spending will cause tension. Repayments should be a priority. Set up a strict but realistic budget.

♒ Aquarius | Jan. 21-Feb. 18 Be prepared to make a move on a promising offer. Refrain from getting involved in other people's private affairs.

EUGENIA LAST

Sudoku: Easy and hard

					1		7	3
9						4		
2	3		6		5		9	
	5	2			8			4
			2	9	3			
8			5			2	3	
	9		8		6		2	5
		5						8
7	6		1					

	4		2	5				
				3		1	2	6
	6				1	4		
	3	8						7
	2	4				5	1	
1						8	3	
		6	5				8	
4	8	2		6				
				4	9		6	

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Letters to the editor

President not doing Ferguson any favors

As a retired police officer, I sometimes wonder why any young person out there would ever want to go into law enforcement when thanks to apparent race-baiting by the mainstream media and those in positions of authority like President Obama and outgoing Attorney General Eric Holder, police officers have become target practice for those upset by the decision from the feds not to charge the former officer in Ferguson, Missouri with a crime. It was a justifiable shoot. However, when Holder goes on to "indict' the Ferguson Police Department of widespread and assumed racist-like practices and using sweeping assumptions not based on facts and talking about "disparate impacts" that decision only added fuel to the fire still burning in Ferguson.

The shootings of two police officers outside the Ferguson Police Headquarters on March 11 seems a direct result of the harsh tone of those in the Justice Department feeding racial tensions rather than trying to simmer down that environment.

America needs to bind up its wounds. We need to live as one nation and the only colors that should matter are red, white and blue.

SAL GIARRATANI, VIA EMAIL

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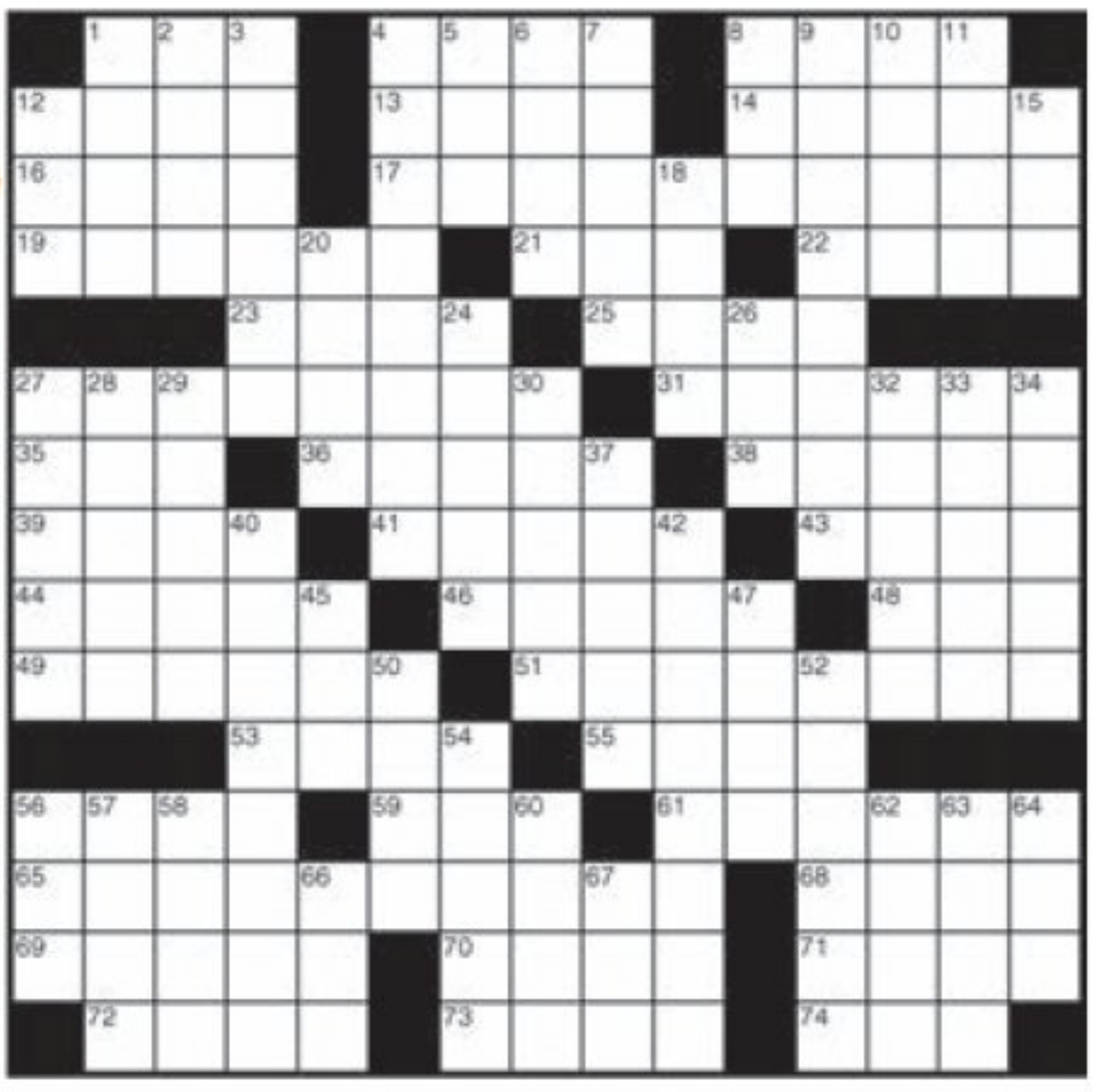
Crossword

Across
1 Ariz. neighbor
4 Water, to Juan
8 Wild guess
12 Tokyo's space pgm.
13 Mama — Elliot
14 Bird call
16 Face sketcher's start
17 Like some hams
19 May-June sign
21 Guanabara Bay port
22 Sporty trucks
23 Ooze out
25 Decays
27 Mends a tapestry
31 Melee
35 Dixie st.
36 Slants
38 Dark
39 Wine purchases
41 Flat boats
43 Kyoto thank you
44 Highly skilled
46 Uproar (hyph.)
48 Prefix for "classic"
49 Cliff-hanger
51 Made angry
53 Tennis star Yannick —
55 Remnant
56 Low voice
59 Wildlife refuge
61 Cream puff
65 Double-dealing
68 Online auction site
69 Atolls
70 In — (as found)
71 Magritte or Russo
72 Siesta
73 Mouse catcher
74 Ave. crossers

Down
1 Pew locale
2 Semester ender
3 Small luggage
4 Carries out
5 Moo goo -- pan
6 Soyuz launcher
7 Moving about
8 — -fi flick
9 Grand, slangily
10 "— it the truth!"
11 Party tray cheese
12 Get some exercise
15 Dell products
18 It's over your head
20 "Hud" Oscar winner
24 Downy fruit
26 Capote, on Broadway
27 Hindu princes
28 Lose a tail
29 Gamble
30 Eavesdrop
32 Thud
33 Singer — Mann
34 Waited in line
37 Excalibur
40 "Frasier" and "Maude," e.g. (hyph.)
42 Braces (2 wds.)
45 Way of Lao-tzu
47 "— plaisir, monsieur!"
50 "Shane" portrayer
52 Gawkers
54 Bank job
56 Loan abbr.
57 Wolf's expression
58 Squirrel abode
60 Black in Paris
62 Be a party to
63 Holm and Fleming
64 Deli loaf
66 Devotee
67 Tony-winner — Hagen

Weekend's answer



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Bracket breakdown

NCAA. Temple was one of the "first four out" on Selection Sunday.

UCLA, Indiana (20-13), Texas (20-13) and Ole Miss (20-12) made the "Big Dance." The Temple Owls, after turning a 9-22 season into a 23-10 campaign, did not.

Thought to have a No. 11 seed heading into Selection Sunday, the Owls did not hear their name when the brackets were unveiled even with victories over Kansas and several other quality opponents during their season.

They avoided a first-round AAC tournament upset but, after losing their best player - Will Cummings - late in their battle against SMU Saturday in the American Conference semifinals, faltered to the Mustangs for the third time this year.

They also had a fierce non-conference schedule that included Duke and Villanova, costing them possible victories with some of the top competition in the country.

Every year from 2008-2013, Temple made the dance, though their record was just 2-6 in six appearances.

EVAN MACY and **MATT BURKE**

EAST REGION

Villanova is the top seed in the East after a fantastic regular season that only included two losses. They also won their first Big East title in 20 years. The Wildcats will face another Pennsylvania team, Lafayette in Pittsburgh in the first round.

A No. 5-seed sleeper, Northern Iowa could make a deep run if they can handle No. 4 seeded Louisville from the loaded ACC. Another ACC contender awaits at the bottom of the Eastern region in Virginia (No. 2), but watch out, Belmont has pulled off epic upsets in the past and is no stranger to playing as a very low seed.

Villanova earned the No. 1 in the East. / GETTY IMAGES

Metro's pick: Villanova

SOUTH REGION

For the 13th time, the Duke Blue Devils are a No. 1 seed and Jahlil Okafor and Co. will square off against the winner of North Florida and Robert Morris in the second round. Without question, the most buzz in the South is centered around No. 11 UCLA, which controversially snuck into the field of 68 despite having not beaten many top-notch teams this season. The Bruins will face Larry Brown's SMU squad on Thursday.

UCLA is the tournament's "bad guy." / GETTY IMAGES

Metro's pick: Georgetown

MIDWEST REGION

Kentucky, no shocker, is the bona fide favorite in the region, carrying an SEC title and unbeaten record as well as two of the NBA's top seven prospects to the tournament with them. A very good No. 4 seed will be hoping to thwart the perfect Wildcats in the Maryland Terrapins. Also keep a eye on No. 2 seeded Kansas

Metro's pick: Kentucky

KENTUCKY EASILY ENTERS THE TOURNAMENT AS THE FAVORITE. GETTY IMAGES

WEST REGION

The West is the roughest region as it has a No. 2 Arizona squad that could have easily been a No. 1 and a sharp-shooting Baylor team that quietly put together a fabulous season. Oh, and that little unknown school that wears Tar Heel blue? It's a 4-seed in this region. North Carolina will face No. 13 Harvard on Thursday as former Blue Devil Tommy Amaker looks to upend Roy Williams' group. No. 1 seed Wisconsin could certainly make it through to Indianapolis, but it will have plenty of battle scars to show off in three weeks if that's so.

Baylor should be a trendy pick out West. / GETTY IMAGES

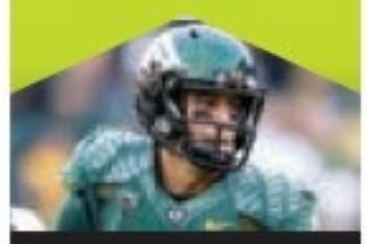
Metro's pick: Baylor

3 SPORTS

NFL

Johnson returns to Bengals

Defensive end Michael Johnson is returning to the Bengals after he signed a four-year deal this past weekend. Johnson was on the market this past week after being cut by Tampa Bay.



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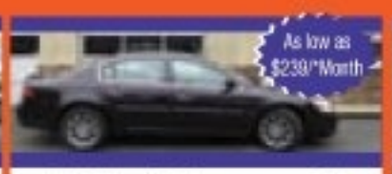
As low as $243/*Month	As low as $242/*Month	As low as $239/*Month	 As low as $239/*Month	As low as $233/*Month	As low as $233/*Month
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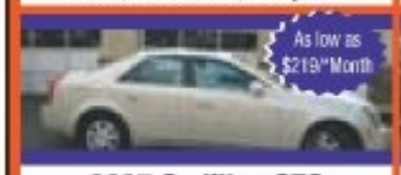 As low as $219/*Month	As low as $209/*Month	As low as $209/*Month	As low as $209/*Month	As low as $199/*Month	As low as $199/*Month
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Eagles have a great need, few great options at wide receiver

NFL. It's still quite early in the offseason, but right now the WR cupboard is bare.

It has been a madcap start to free agency. The Eagles now look very different from a week ago, and have some very large areas of need. The biggest of these, still left unaddressed after the free agent and trade frenzy of last week is the replacing of Jeremy Maclin and his 1,318 receiving yards.

After Maclin was allowed to reunite with Andy Reid in Kansas City, the players returning at wide receiver have limited experience. Riley Cooper caught 55 passes for 577 yards in 2014, down significantly from his breakout year in 2013.

Jordan Matthews, the Birds' second-round pick last year, had a promising rookie season with 67 catches for 872 yards. The team has said they have high expectations for third-round pick Josh Huff, who was only able to contribute eight receptions as a rookie.

Most of the top free agents, including Andre Johnson and Torrey Smith, have signed elsewhere. Michael Crabtree, probably the biggest name remaining on the market, has not been connected to the Eagles.

There are a pair of former NFC East receivers who will be familiar to Eagles fans still available. Miles Austin and Hakeem Nicks have parted ways with Cleveland and Indianapolis, respectively.

Replacing Jeremy Maclin's production will not be easy.
GETTY IMAGES

Austin had 568 yards on 47 catches last season. The memory of the Austin who played for Dallas is enticing, but on the wrong side of 30 and with 15 games missed over the last four seasons, this is probably one stone better left unturned.

Nicks also had a poor season, with 38 receptions for 405 yards. He has never recaptured the start of his career in New York when he had back-to-back 1,000 yard seasons in 2010-11. He is still just 27-years-old however, and in 2014 played a full 16 game season for the first time.

Greg Jennings, cut by the Vikings after their trade for Mike Wallace, is a new arrival on the free agent market who should warrant some interest.

Jennings seemingly doesn't fit the Eagles blueprint, at 6-foot-0 and 31 years of age. But he managed to maintain a level of production, 127 receptions for 1,546 yards and 10 touchdowns in two seasons, while exiled to quarterback hell in Minnesota.

It is likely the team will look to draft a receiver. Like the 2014 class, this year's crop of receivers is excellent, and 10 could go off the board within the first two rounds.

By the numbers

850

Jeremey Maclin, now in Kansas City, had at least 850 yards receiving in four of his five seasons as a member of the Birds.

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2011 Nissan Cube 76k Miles $8900, $177/Month
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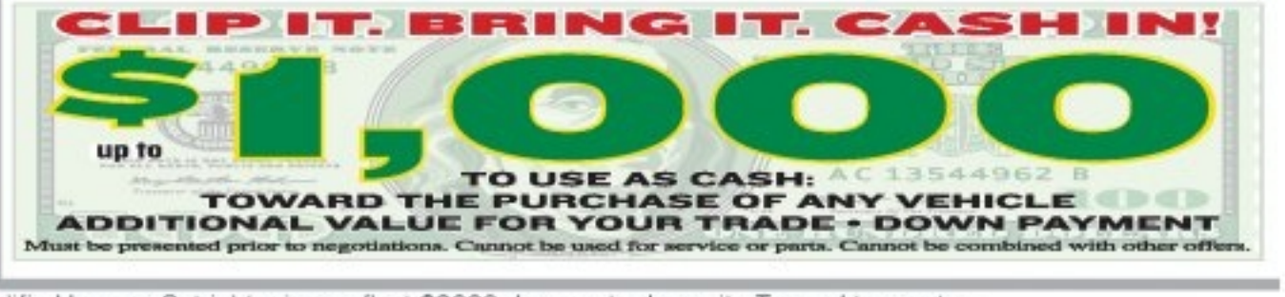
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If the Phillies are to surprise, Brown will have to lead way

MLB. The Phillies' outfielder will have to have one of the bigger bats in the batting order.

Pete Rose may be banned from baseball but the hit king is obsessed with the game and has a keen mind when it comes to all things on a diamond. When asked who is the key player for the 2015 Phillies, Rose blurted out the name of the club's most enigmatic player.

"They have to find a way to fix Domonic Brown," Rose told Metro. "The Phillies desperately need power and he's a huge potential source of power. He's the guy who needs to find himself if they're going to do anything at all."

Domonic Brown smashed 27 homers in 2013. / GETTY IMAGES

By the numbers

22

Add up Domonic Brown's home run totals from 2010, 2011, 2012 and 2014 and you get 22 total. In his outlier year of 2013, Brown belted 27 dingers.

Rose is spot on. If the Phillies are at least going to be at least competitive, they need Brown to bounce back to his early 2013 form, when he clubbed 23 homers by the All-Star break. Dingers have been few and far between for the Phillies in Grapefruit League play. Brown, who appears to be in the best shape of his career, believes he can be the Phillies offensive catalyst.

"I think I can do that job," Brown said. "My approach is to go out there and be aggressive. I've never felt so good at this stage."

The oft-injured Brown is pleased since he is finally healthy.

"Over the last couple of seasons, there has always been something that has put me on the disabled list or just made me uncomfortable," Brown said.

There was the broken hamate bone, a concussion and a number of other injuries that have knocked Brown off course.

"I have no excuses this spring," Brown said. "I feel good physically and at the plate."

Another huge plus going into the season, according to Brown, is that he's slated to start in right field. "That's always been my most natural position," Brown said. "I see the ball coming off the bat better and I'm just more comfortable there than in left. I'll be happy to play any position but in terms of me being comfortable, there's no place I'm happier than in right."

When the productive bats of Marlon Byrd and Jimmy Rollins were dealt, Brown realized he had to step it up.

"There's no doubt about that," Brown said. "A lot of offense left this team and we have to pick up the slack. I'm feeling good about everything. I'm optimistic that I can generate something positive for this team. I think health is important to us. If we can be healthy and play the way we're capable of, I think we'll surprise a lot of people. But right now, I'm just focusing on what I can do. I'm taking it one at-bat a time."

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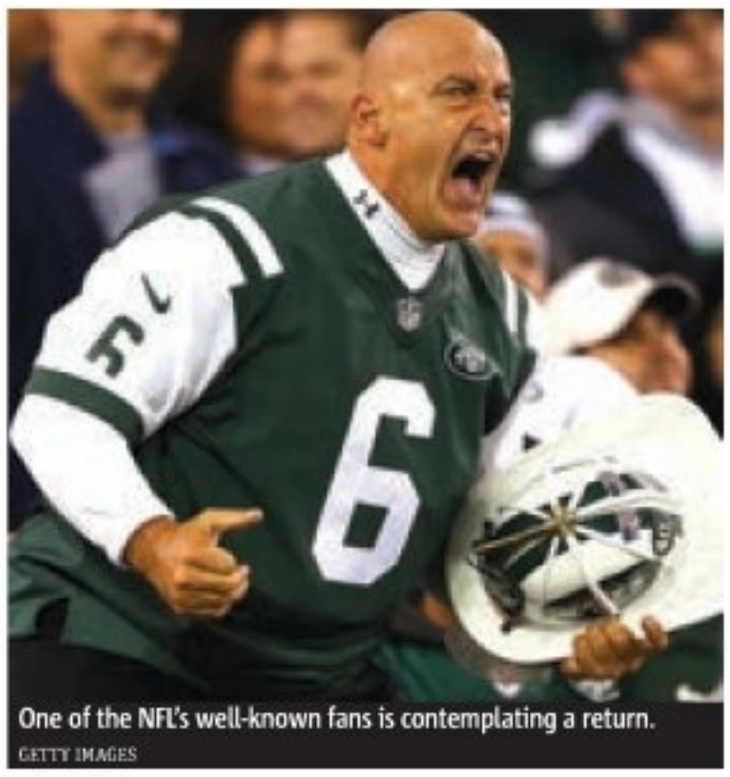
One of the NFL's well-known fans is contemplating a return.
GETTY IMAGES

'Fireman Ed' talks comeback

An online petition to bring back Ed Anzalone as the famed "Fireman Ed" just might be working. After a website, BringBackEd.com, was created by Jets fans, Anzalone talked with Metro about a potential return. "I'm honored people want [me] back," the 55-year-old former NYC fireman told Metro. "It's an emotional thing, no doubt about it. My love for that team will never die. I will never quit on that team. I won't quit on this team I love." KRISTIAN DYER

Kerr e-mails angry fans

On being criticized for resting starters during the fatiguing 82-game NBA season, Gregg Popovich typically gives folks the silent treatment. Steve Kerr? He sends out e-mails. The Warriors coach e-mailed back three upset fans who didn't like Kerr resting Stephen Curry and Klay Thompson.

"I have great sympathy for those people," Kerr told ESPN of the fans who paid money to see big name players." MATT BURKE

Brooklyn Nets' Twitter tanks

The 2013-14 Sixers set the standard for NBA teams openly tanking. This season's Brooklyn Nets are giving them a run for their money, however.

The Nets' official Twitter account posted on Saturday night (during, coincidentally, a game against the Sixers) the following: "Check out our #Nets item of the game, only $9.99 with code TANK at checkout."

The item was a sleeveless Nets T-shirt, but the promo code's double-meaning raised more than a few eyebrows on social media. Brooklyn is 26-38 so far in the 2014-15 season. MATT BURKE

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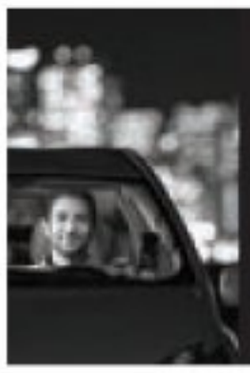

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Legal Notices

Court of Common Pleas for the County of Philadelphia, February term, 2015, No. 2414. Notice is hereby given that on 2/20/15, the petition of: Cush Abdul Fattah Muhammed was filed, praying for a decree to change the name to Cush Pettiway. The Court has fixed courtdate, 4/22/15 at 11:00 A.M. in Room No. 691, City Hall, Philadelphia, PA for hearing. All persons interested may appear and show cause if any they have why the prayer of the said petition should not be granted.

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Legal Notices

Court of Common Pleas for the County of Philadelphia, September term, 2015, No. 2788. Notice is hereby given that on September 2014 the petition of: Guyinara Abramson was filed, praying for a decree to change her name to Julie Wiegand. The Court has fixed courtdate, March 18, 2015 at 11:00 a.m. in Room No. 691, City Hall, Philadelphia, PA for hearing. All persons interested may appear and show cause, if any they have, why the prayer of the said petition should not be granted.

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or **know someone** who does?

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Qualified participants must:
- Be at least 18 years of age
- Have Parkinson's Disease

Qualified participants receive:
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Insurance is not required to participate in our research study, and transportation is available.

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SYMPTOMS OF DEPRESSION

even though you *take an* anti-depressant *daily?*

If so, please contact **PRAHEALTHSCIENCES** to learn about our research study of an investigational depression medication.

Qualified participants must:
- Be age 18 to 70
- Take an antidepressant daily
- Currently suffer from symptoms of depression

Qualified participants receive:
- All study-related exams and study medication or placebo at no cost
- Up to $550 in compensation for time and travel

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